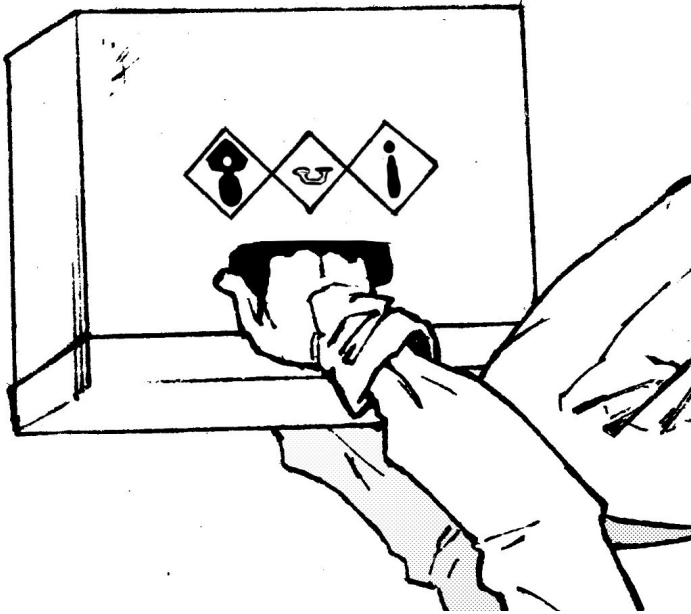


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FIRST AID

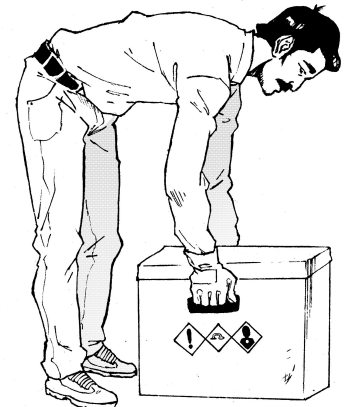
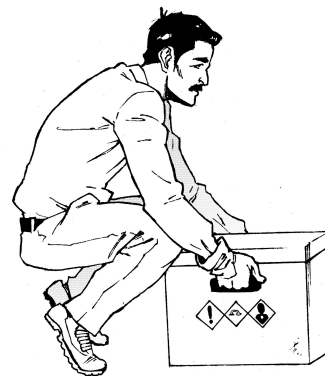
Safety and Health Training for
Tree Care and Landscape Workers

WHAT IS WRONG WITH THIS PICTURE?



- Drink plenty of water
 - Avoid soft drinks and caffeine
- Use sun screen
- Take frequent breaks in shaded area

- Use the proper lifting technique
 - Bend the knees
 - Keep back straight
- Ask for help when needed



Keep your back straight when lifting. TRUE / FALSE

Keep your knees straight when lifting. TRUE / FALSE

When lifting heavy objects, ask for help. TRUE / FALSE

You should take frequent breaks in shaded areas. TRUE / FALSE

Drinking caffeine will help you stay hydrated. TRUE / FALSE

Read the statement, determine if it is true or false. Circle the correct answer.

Your Name: _____

Company: _____

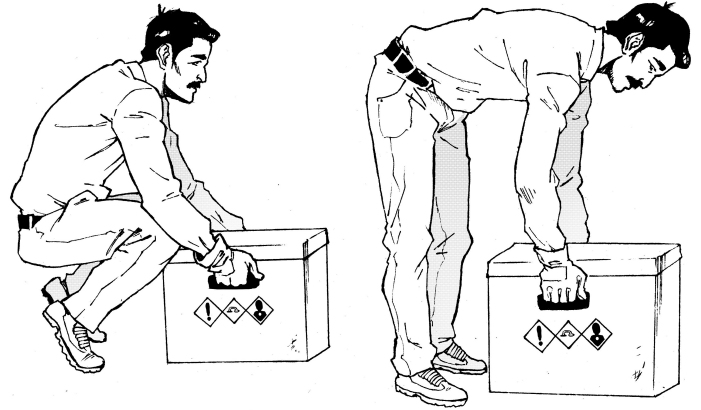
Course: FIRST AID Date: _____

¿QUÉ ESTÁ MAL EN ESTA IMAGEN?

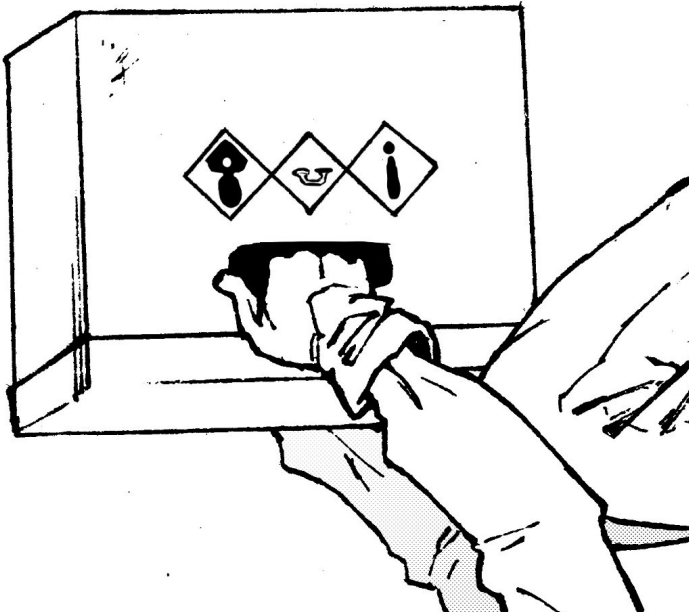


- Beber suficiente agua
 - Evitar bebidas con cafeína
- Usar protector solar.
- Tomar descansos frecuentes en áreas con sombra.

- Utilizar la técnica adecuada para levantar cualquier peso
 - Doblar las rodillas
 - Mantener la espalda recta
- Pedir ayuda cuando sea necesario



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PRIMEROS AUXILIOS

Safety and Health Training for
Tree Care and Landscape Workers

- CIERTO/ FALSO
Mantener la espalda recta al levantar objetos pesados.
- CIERTO/ FALSO
Mantener recta las rodillas al levantar objetos pesados.
- CIERTO/ FALSO
Cuándo levanten objetos muy pesados, pidan ayuda.
- CIERTO/ FALSO
Deben tomar descansos frecuentes en áreas con sombra.
- CIERTO/ FALSO
Tomar bebidas con cafeína le ayuda a mantenerse hidratado.

Lea la pregunta, colocar un círculo en la respuesta correcta.



Curso: PRIMEROS AUXILIOS Fecha: _____

Compañía: _____

Su nombre: _____

